



2017 Wellness Calendar

Look for specific information on these events or programs about one to two months before their start date. Information regarding these events and programs comes out in the What's Up email. Contact Claire Schuenke, Wellness Coordinator, with questions or to register at 414-278-4938 or Claire.Schuenke@milwaukeecountywi.gov.

Month	Wellness Events and Programs
Offered multiple times a year	<ul style="list-style-type: none"> - Join the RECIPE OF THE WEEK email list to receive healthy recipes that are tested by the wellness coordinator. - Onsite TOBACCO CESSATION classes are offered through Workforce Health. Free for employees and spouses! - MINDFULNESS 101 is a stress management course aimed to help employees become more present in their everyday life and master stress in a variety of ways. - Participate in YOGA FOR A CAUSE to support a charity and get some stretching in at the same time. Each month a yoga studio from the Milwaukee area will teach classes and all proceeds go to charity. Yoga for a Cause is regularly at the Courthouse. - If you were identified as being high risk or very high risk through the health assessment remember you need to complete a HEALTH COACHING session once a quarter in order to continue receiving reduced premiums. The quarterly deadlines are June 15th, September 15th, and December 15th. - Check out TRAINING AND DEVELOPMENT'S latest training schedule for any wellness offerings. There are several stress management trainings currently being offered.
January – March	<ul style="list-style-type: none"> - ANNUAL HEALTH RISK ASSESSMENTS will be conducted by Froedtert Workforce Health from January 9th to March 3rd. Call Workforce Health at 414-777-3446 for any questions or to schedule an appointment. - YOGA AT BHD will be starting back up late January. The class will be an hour long vinyasa flow style yoga and is open to all levels of fitness. There is a nominal cost to employees who participate. - MEDITATION AND MINDFULNESS DROP IN CLASSES will be offered at various County locations. Use the meditation to relax during the day and learn mindfulness techniques to help you be more present at home and work.
April – June	<ul style="list-style-type: none"> - NATIONAL WALKING DAY is Wednesday April 5th. Look for wellness committee leaders within your department to lead a brief walk over the lunch hour. - COMMUNITY SUPPORTED AGRICULTURE program, through Growing Power, will start back up early April. Fruits and vegetables can be delivered weekly to your worksite if you participate in this program. - VOLLEYBALL TOURNAMENT will be in mid-April. Start thinking about your team! - The popular TEAM EXERCISE CHALLENGE will start back up in April. - BIKE TO WORK DAY will be in early June. Dust off your bike and join us!
July - September	<ul style="list-style-type: none"> - Starting in July, you and your family members are welcome to join other County employees in volunteering at the HUNGER TASK FORCE FARM. Employees typically volunteer once a month through October. - In July, an organized KICKBALL TOURNAMENT will take place with County employees at a County park. Gather your coworkers and create a team! - The annual EMPLOYEE 5K FUN RUN/WALK will be in late August. Start training now!
October – December	<ul style="list-style-type: none"> - The wellness program will again partner with Risk Management to help promote back health through an initiative called BACK BLITZ. - MAINTAIN, NO GAIN weight management challenge will be back the week of Thanksgiving. Use this challenge to help you get ready for the upcoming health assessments in the New Year!